



Georgia
Slee
Doula

Services
& Pricing

Hi, I'm Georgia.



I am a **birth and postpartum doula** servicing the Hawkesbury, Hills District and Western Sydney.

I became a doula because, more than anything, I want women and their families to be able to experience pregnancy, birth and postpartum in the most **positive, joyful, empowered and connected** way possible.

Birth is a **transformative rite of passage**, and my role is to be a supportive guide for women and their families so that they can **experience their dream birth** and carry that through to the next phase of their lives.

As your doula, I work for you and your family, **prioritising and upholding your wishes** and **supporting you to make your ideal birth happen** to the best of my ability, within all models of care.

The support I provide encompasses **physical, emotional, informational and advocacy**. My mission is to help **prepare, inform and encourage** so that you approach the end of your pregnancy with the **resources and mindset** that will help you feel **empowered to achieve your dream birth**.

Early on in our discussions, I collaborate with you and your family to ensure the support I will provide **best suits your wants and needs** – every family is unique and therefore so is the way they should be supported in birth. Doula support can and does look different for each family, and indeed, each birth. I want to know you are getting exactly what you need from me, to ensure I am supporting you in the way that **feels right for you and your family**.

My role after birth is to **nurture, nourish and encourage** you in your postpartum period, helping **support you and your family** in those early months, to help bolster your **confidence into motherhood** beyond the time we have together. Postpartum support can also vary greatly from family to family, depending on how you would like to utilise my services. I believe **all women deserve a small part of 'the village'** that most of us miss out on in modern motherhood.

If this resonates with you and you would like to find out more about the support I can provide for you, please get in touch! **I would love to hear from you.**

Georgia x



What does doula support look like?

Emotional Support

Building a relationship with you and your family during pregnancy to create an environment where you feel secure and supported; continuous presence throughout labour and birth; encouragement and reassurance; supporting you in informed decision-making and promoting self-advocacy; addressing any fears with you throughout pregnancy and birth; birth debrief and providing empathy and encouragement in postpartum.

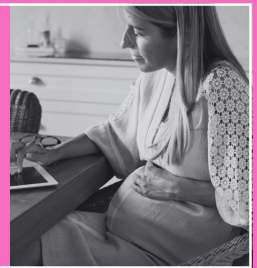


Physical Support

Massage, counterpressure, and positioning; guiding breathing exercises during labour; hydration and nutrition during labour; encouraging movement and position changes for comfort and progress; assisting you with pain management techniques like water immersion and tens machine; managing labour environment as per your preferences, both at home and in hospital.

Informational Support

Assisting you in creating your birth map / plan; providing evidence-based information throughout pregnancy, birth and postpartum; answering your questions and addressing any concerns; support in navigating decisions; providing support during appointments, if desired.



Advocacy

Supporting and advocating for your preferences outlined in your birth map / plan and ensuring they are respected; ensuring that procedures and interventions are explained, and you have given consent; encouraging collaborative decision-making; assisting in navigating unexpected situations or complications; advocating for your rights.



Birth & Postpartum Support

All packages are customisable to suit the needs of you and your family

Complete, all-encompassing support. Emotional, physical, informational guidance and advocacy during pregnancy, birth and postpartum.

Support to ensure that you are well-informed, confident and wholly supported approaching labour and birth and for the hours, days and weeks after your baby is born.

Every package includes:

-  1 hour obligation-free meet & greet
-  On-call for your birth from 37 weeks
-  Continual phone, text & email support throughout
-  Birth mapping / birth planning
-  Access to resource library to get informed for your birth
-  1-2 hours of immediate postpartum support (if desired)
-  Nourishing meals & snacks brought to you during your postpartum period

Package One

3 x 2-hour antenatal visits

Birth mapping / birth planning

On call from 37 weeks

3 x 3-hour postpartum visits

Phone, text & email support

————— **\$2,250**

Package Two

3 x 2-hour antenatal visits

Birth mapping / birth planning

On call from 37 weeks

5 x 3-hour postpartum visits

Phone, text & email support

————— **\$2,590**

Package Three

2 x 2-hour antenatal visits

Birth mapping / birth planning

On call from 37 weeks

1 x 1.5-hour post-birth debrief

Phone, text & email support

————— **\$1,790**

I accept payment plans.
Get in touch if you would like to chat more about this.

Postpartum Support








All packages are customisable to suit the needs of you and your family

As your postpartum doula, I provide holistic and completely personalised support, encompassing emotional encouragement, practical assistance and the provision of evidence-based information.

Every family's postpartum journey is unique. I collaborate with you to create a plan that focuses on your particular needs and goals.

My aim is to bolster your confidence and support you in embracing your intuition throughout your motherhood journey beyond the time we spend together.

Every package includes:

-  1-hour obligation-free meet & greet
-  1-hour planning session prior to birth
-  Birth debrief
-  Nourishing meals & snacks brought to you
-  Continual phone, text & email support throughout
-  Breastfeeding support
-  Any assistance you need to feel supported during the early days with your new baby

Package One

3 x 3-hour postpartum visits

1-hour planning session prior to birth

Phone, text & email support

Nourishing meals & snacks

————— **\$650**

Package Two

4 x 3-hour postpartum visits

1-hour planning session prior to birth

Phone, text & email support

Nourishing meals & snacks

————— **\$820**

Package Three

5 x 3-hour postpartum visits

1-hour planning session prior to birth

Phone, text & email support

Nourishing meals & snacks

————— **\$990**

Additional visits can be added if you would like extra support.

I accept payment plans.
Get in touch if you would like to chat more about this.

Additional Services

Birth Mapping / Planning

1 x 3-hour antenatal planning session with you and your partner / support person

Birth mapping or planning depending on your preference

Get prepared and feel confident in the lead up to your birth & postpartum

\$250

Single Postpartum Visit

1 x 3-hour postpartum visit

Nourishing meals & snacks brought to you

Any assistance you need to feel supported during the early days with your new baby

\$250



The evidence on doulas

If you are considering hiring a doula, you may be wondering how much of an impact they will actually have on your birth. You and your partner may be curious as to whether investing in your birth support team is the right decision for you.

If you would like to understand a bit more about what the support of a doula can do for your birth, why not let the evidence speak for itself.

People who have continuous support from a doula during childbirth experience:



39% decrease in the risk of caesarean



15% increase in the likelihood of a spontaneous vaginal birth



10% decrease in the use of any medical pain relief



Shorter labours by 41 mins on average



38% decrease in the baby's risk of a low five minute Apgar score



31% decrease in the risk of being dissatisfied with the birth experience

“Women and their partners who had a doula overwhelmingly rated the support of their doula as positive—with 93% rating their experience with the doula as very positive, and 7% as positive.”

[Bohren, M.A., Hofmeyr, G., Sakala, C., et al. \(2017\). "Continuous support for women during childbirth." Cochrane Database of Systematic Reviews.](#)

[McGrath, S. K. and Kennell, J. H. \(2008\). A randomized controlled trial of continuous labor support for middle-class couples: effect on Cesarean delivery rates.](#)



Get in touch.

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 [@georgiasleedoula](https://www.instagram.com/georgiasleedoula)



My mission

To support women to have a positive and joyful pregnancy, birth and postpartum experience that sets them up for an empowering parenthood journey.

To give women and their families the knowledge, support and encouragement to feel they are making decisions and moving through this transformation in a way that feels instinctively right for them.

My vision

A world where women and families are empowered to experience gloriously transformative birth and postpartum experiences.

Parenthood redefined; reclaiming the village that nurtures families into the next phase of their lives.